

PREP

A PEI Funded Psychosis Early Intervention Treatment Program

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Division Director
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Big thanks to our partners:



Sojourner Truth Foster Family Service Agency

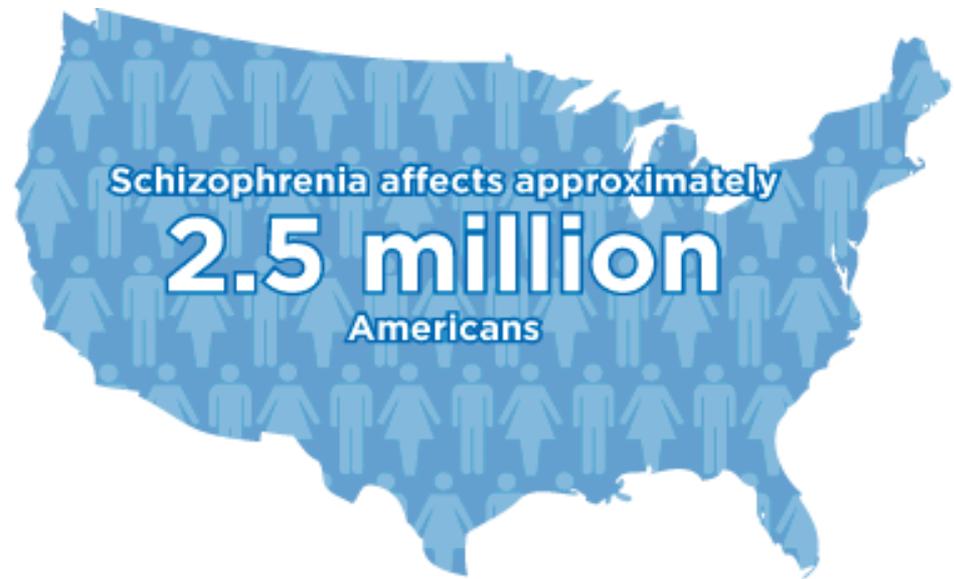


Overview

- Briefly describe the PREP programs
- Briefly discuss two principles of Early Intervention in Psychosis

The Burden of Schizophrenia

- Schizophrenia begins in youth, lasts a lifetime, and results in ongoing cognitive decline, repeated psychiatric crises, and frequent hospitalization.
- Individuals with schizophrenia die, on average, 24 years prematurely.
- Schizophrenia is the 7th most expensive disease in the U.S. healthcare system. Over 70% of this cost is from hospitalization.
- **100,000 adolescents and young adults in the US experience a first episode of psychosis every year (NIH, 2013).**



Development of PREP Programs

- 2007 - PREP began as a community-academic partnership developed between
 - Family Service Agency of San Francisco (FSASF)
 - University of California San Francisco (UCSF)

County	PREP San Francisco	PREP Alameda	PREP San Mateo	PREP Monterey San Joaquin
Year Service Commenced	2009	2010	2012	2013

- Behavioral Health Agencies of the counties where PREP Programs are located are our core partners

What is PREP?

- PREP provides evidence-based specialty First Episode Psychosis treatment to over 250 individuals annually.
- PREP is a model of how effective treatment can be migrated out of university research settings and taken to scale in the community.
- Now operating in four California counties: all MHSA funded.

PREP Services

- Rigorous early diagnosis using the SIPS and SCID
- Individual Cognitive Behavioral Therapy for Psychosis (CBTp)
- Psychoeducational Multi-Family Groups (MFG)
- Algorithm-guided Medication Management
- Vocational and Educational Support (Dartmouth's Individualized Placement and Support - IPS Model)
- Peer Support (Care Advocates) / Family Support (Family Partners)
- Support and Skills Groups
- Computer-based Cognitive Rehabilitation

What makes a treatment evidence-based?

- A clear intervention model
- Comprehensive training
- Fidelity monitoring to competence
- Outcome accountability
- Documentation standards

PREP Eligibility

Site	Age	Diagnosis	Clinical High Risk (CHR)	Onset of Symptoms	Insurance	Other
PREP San Francisco	12-35	Schizophrenia, Schizophreniform, Schizoaffective Disorder, Unspecified Psychotic Dis	Yes	Within 5 years	All Insurance and Uninsured	SF County residents and others on case-by-case basis
PREP Alameda	16-24	Schizophrenia, Schizophreniform, Schizoaffective Disorder, Unspecified Psychotic Dis	No	Within 2 years	Medi-Cal only and Uninsured	Alameda County residents only
PREP San Mateo	12-35	Schizophrenia, Schizophreniform, Schizoaffective Disorder, Unspecified Psychotic Dis	Yes	Within 2 years	All Insurance and Uninsured	San Mateo County residents only
PREP Monterey	14-35	Schizophrenia, Schizophreniform, Schizoaffective Disorder, Unspecified Psychotic Dis	Yes	Within 5 years	Medi-Cal only and Uninsured	Monterey County residents only

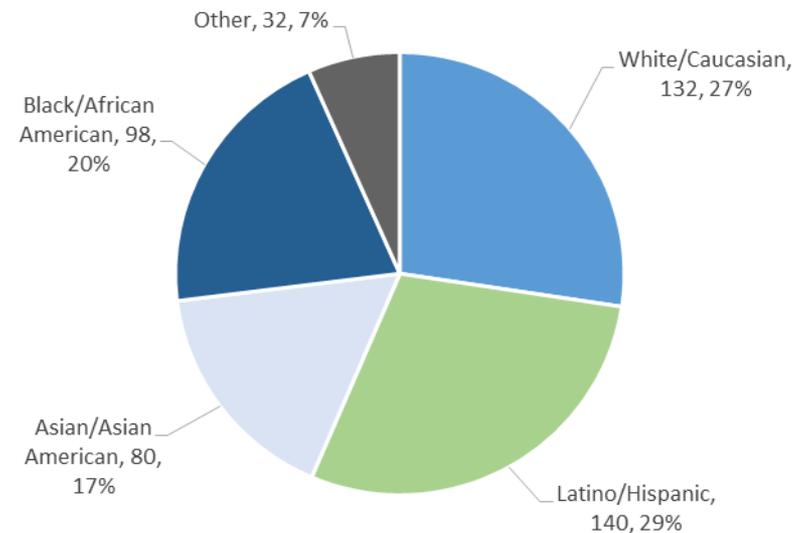
PREP Demographics

Age and Gender

		# Engaged in Treatment
Age Group	<16 yrs old	25 (5%)
	TAY	424 (88%)
	>25 yrs old	33 (7%)
Gender	Male	348 (72%)
	Female	133 (28%)
	Other	1 (0%)

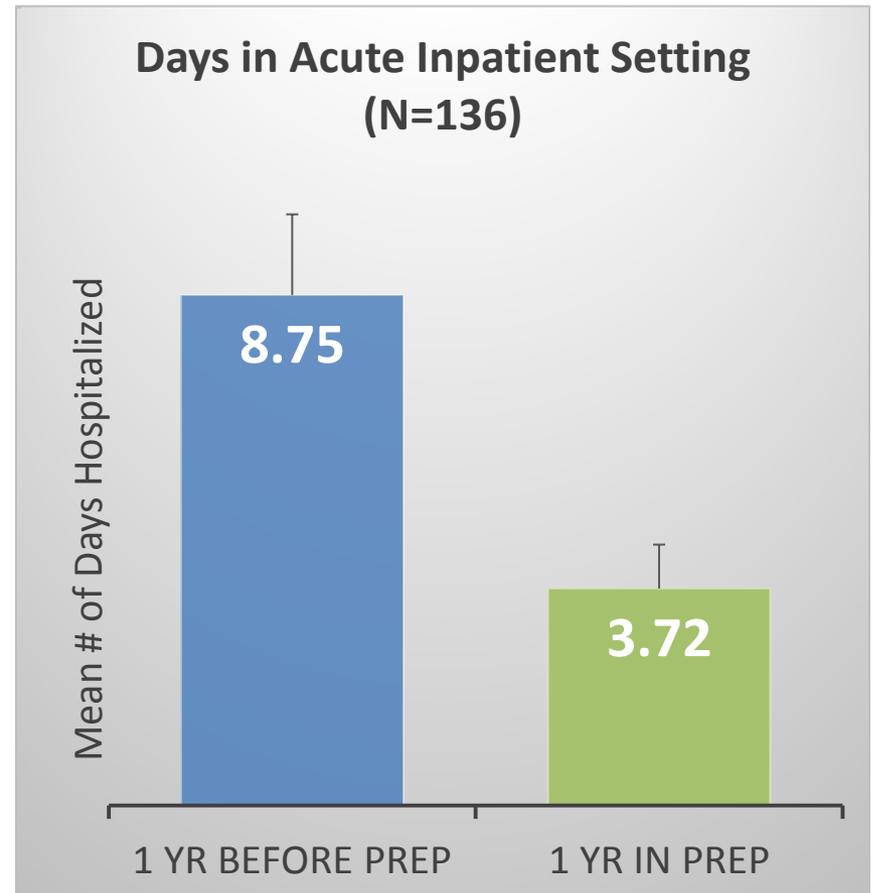
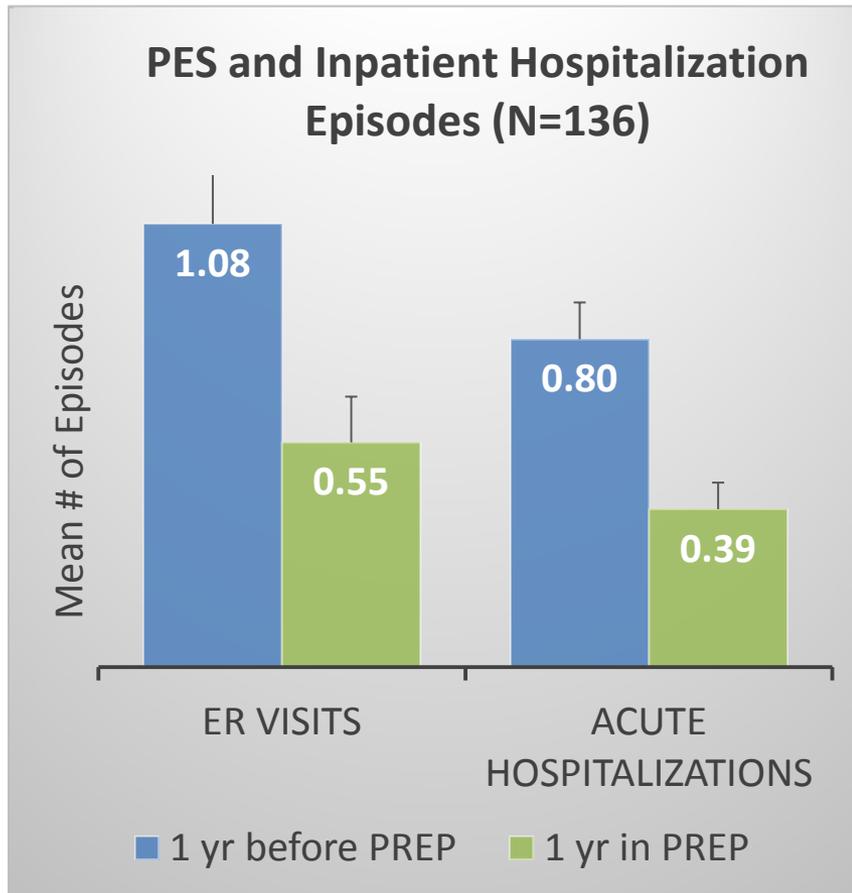
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Ethnicity

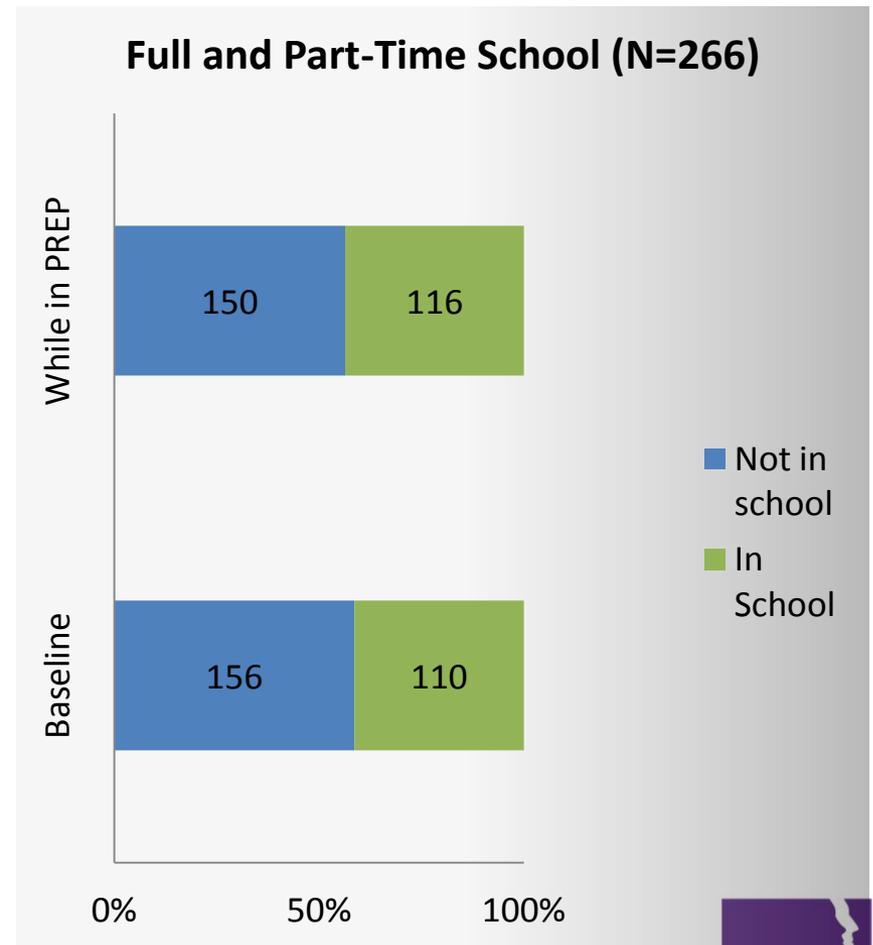
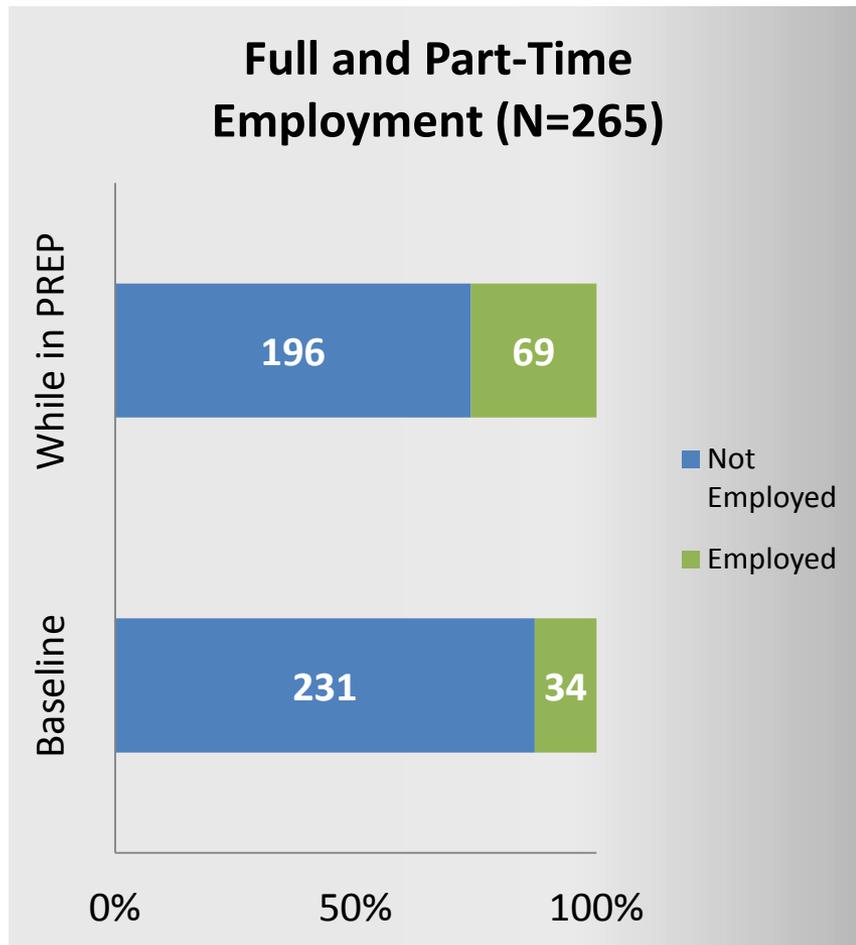


PREP Outcomes:

Less Time Spent in Hospitals in FY 2014/15



PREP Outcomes (Cont’): More Time in School and/or At-Work



Early Intervention in Psychosis based on two principles:

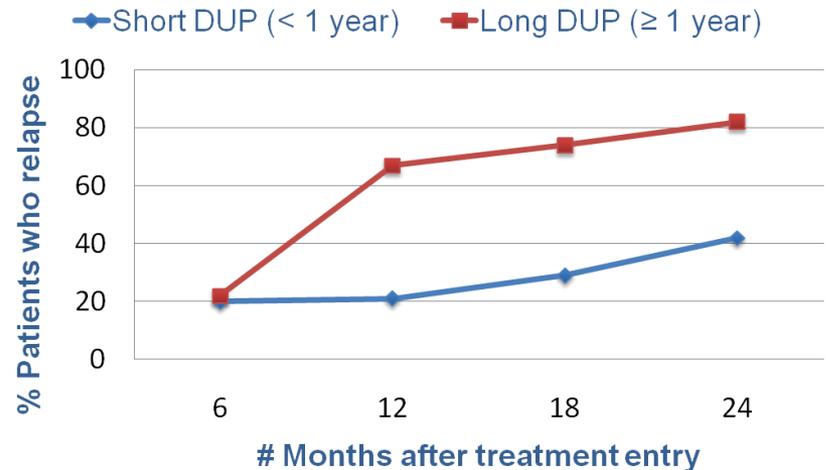
1. The Critical Period
2. Duration of Untreated Psychosis (DUP)

The Critical Period (Birchwood, 2000)

- » First three years following onset of psychosis
 - i. Clinical and social functioning deteriorate during this period
 - ii. Biological, psychological and cognitive changes occur during this period
 - iii. Plateau occurs three years after onset of psychosis

The Duration of Untreated Psychosis (DUP)

- DUP affects long-term illness severity, social and occupational functioning **over and above** subsequent treatment, illness severity, substance use or other factors.
- DUP of longer than one year resulted in a threefold increase in relapse rates over the following two years (Johnstone et al. 1986)



The Duration of Untreated Psychosis (DUP)

NIH (2013)

- Timing of treatment is critical
- Better short-term and long-term outcomes when individuals start specialty first-episode psychosis treatment closer to onset of symptoms
- 2013 – Treatment delay was 1-3 years

WHO – Advocates for 3 months or less

RA1SE Initiative – 2015: 74 Weeks

Addington et al (2015) - Psychiatr Serv. 2015 Jul;66(7):753-6

Some Lessons Learned from Early Psychosis Regarding DUP

It makes sense. And it requires clarity...

Is it the period between onset of psychotic symptoms and when the **person first received any mental health treatment?**

Is it the period between onset of symptoms and when the **person first received treatment for specific diagnosis?**

Is it the period between onset of symptoms and when the person **first received specialty treatment for specific diagnosis?**

Some Lessons Learned from Early Psychosis Regarding DUP

... And resources

- You must have reliable means to determine onset of symptoms

Structured Diagnostic Interviews

Diagnostic Consensus

Inter Rater Reliability

...With no time to waste

Food for Thought

It is extremely important to implement solutions that eliminate gaps and delays in access to care.

The Early Intervention clock is ticking!



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PREP

Prevention and Recovery
in Early Psychosis

BEAM

Bipolar Disorder Early Assessment
and Management

